

Jesus Goes Hiking

To Read

The Transfiguration
Read: Mark 9: 2-10

Moments with Jesus pg 104-105
Jesus as He Really Is

To Ask

1. I wonder what it felt like to hike up the mountain with Jesus?
2. I wonder what it would be like to see Jesus shining?
3. I wonder what God meant when he said "Listen to him"?
4. I wonder what helps you feel close to God?

To Make

More crafty: Snack Necklace
Less crafty: Nature scavenger hunt
Instructions found on the next page

To Listen to

Beautiful Life
by David Wimblish
& The Collection

To Do

Remember this story while you go HIKING!

Do one (or more) of the following:

1. Go on a hike where you end up at a view point.
2. Go rock climbing and once at the top, imagine yourself high on a mountaintop with Jesus (if you are rock climbing outdoors this will not be a far stretch!)
3. Get out in your neighbourhood. Walk around local parks and maybe through the forest. Remember that Jesus meets you in quiet places.

To Pray

God, thank You for meeting us in quiet places.
Help me grow and shine, even when I feel small
or

A prayer exercise: draw a picture of what you
imagine Jesus looking like in his heavenly form.



Craft 1: Survival Necklace of Sustenance

Craft Summary: Make edible necklaces by stringing snacks with holes onto cord! This fun and simple activity is perfect for little hands and makes a sweet hiking snack when you're done.

Materials:

- Cord or string
- Cereal or candy with holes (e.g. Fruit Loops, alphabet pretzels, gummy Life Savers)
- Scissors
- Small bowls (for sorting the treats)
- Alternatively, you can add a needle onto the end of your string and poke whatever your heart desires

Steps:

- Cut a length of cord and tie a knot at one end.
- Fill small bowls with your snack options.
- Let kids thread the treats onto the cord however they like.
- Once full, tie the two ends together to make a bracelet or necklace.



Craft 2: Hiker's Colour Quest

Craft Summary: Make a portable nature color scavenger hunt using paint swatches and a clipboard! Take your scavenger hunt as you go on your hike/walk/climb

Materials:

- Clipboard
- 6-8 paint swatches (from a hardware store)
- Clothespins or binder clips
- Optional: glue (if making permanent)

Steps:

- Gather several paint swatches in different colors.
- Clip them onto your clipboard using clothespins or binder clips.
- Head outside and find natural items that match the swatch colors.
- Pin each item on top of the color it matches.

